

WELCOME TO SFMNP!

If you are reading this you've received five \$5.00 coupons from the State of Alaska Senior Farmers' Market Nutrition Program, also known as SFMNP. As an eligible Alaska senior, you can take these coupons to authorized farmers to redeem for Alaskan-grown fruits, vegetables, herbs and/or honey. Please remember that these coupons CANNOT be used at a grocery store. Coupons can only be used for purchase of approved foods from authorized participating farmers.

For a list of authorized farmers and their sales locations in your area please see your distribution agency where you received your coupons or visit: <http://dhss.alaska.gov/dpa/Pages/nutri/fmnp/default.aspx>.

Before you begin shopping, please read these helpful tips:

- Redeem your coupons at approved farmers' markets, farm stands or farms. You cannot use coupons at grocery stores.
- Look for the WIC **"Accepted Here"** sign. These are the farmers who will accept your coupons.
- Coupons can only buy Alaska-grown fresh fruits, vegetables, herbs and honey.
- Tell the farmer you are paying with a senior coupon. Each coupon is worth \$5.00. You can combine coupons in a single transaction but the farmer cannot give change if you do not use the full value of the coupon.
- These coupons are just like cash and cannot be replaced. Report any lost, stolen or damaged coupons to your distribution agency.
- Let your distribution agency know if you have any problems using your coupons.
- Helpful Shopping Tips:
 - Call ahead for operating hours and availability of fruits and vegetables.
 - Try to get to the market before noon for the best selection.
 - Bring your own bag and look for the best bargain within the market.

If you have questions, comments and/or suggestions, please contact your distribution agency or the State of Alaska WIC Program at (907) 465-3100 or via email at wic@alaska.gov.